

# DEAR DEWEY: The WSH Library Digest

January 2013  
Volume 3 Number 1

## my mother's garden

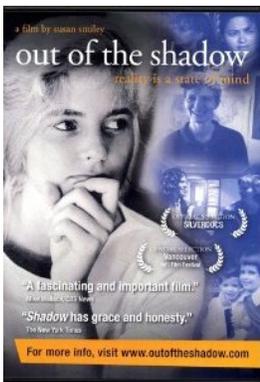
A FILM BY CYNTHIA LESTER

Filmmaker Cynthia Lester chronicled the story of her mother's struggles with hoarding behavior/ bipolar disorder. Despite pleas from her adult children and threats from neighbors and local government, Mrs Lester was destined to become homeless until all concerned helped her find a new focus for her passions.  
*My Mother's Garden*  
On DVD—69 minutes



Lucy Winer is a filmmaker and former patient of King's Park Hospital. She spoke with other former patients and staff for an anecdotal history of the former state hospital and its legacy for Lucy and mental health delivery in America. *Kings Park*  
On DVD—108 minutes

**Library closed Jan 1st & Jan 21st**



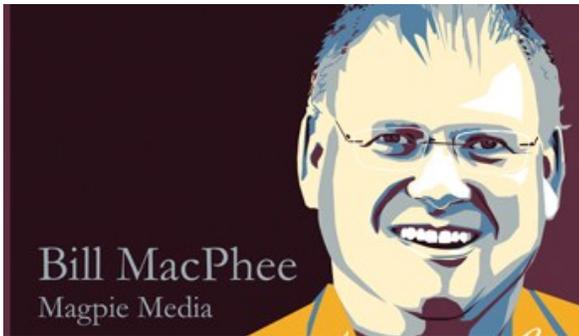
Susan Smiley filmed her mother Millie for five years as the elder Smiley went in and out of state hospitals and group homes. A new job opportunity gives Millie the chance for a productive life.  
*Out of the Shadow*  
On DVD—67 minutes



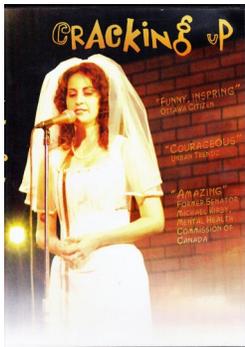
Roky Erickson—a gifted musician who created a new life after his many hospitalizations.  
*You're Gonna Miss Me*  
DVD—94 minutes

Larry Baker co-authored *Pebbles In the Pond: living with chronic neurological disorders* to offer a 12-step class for consumers, family members and service providers. Topics include basic understanding of mental illnesses, brain function, substance abuse, diagnoses in detail, medications, relapse prevention and wellness.





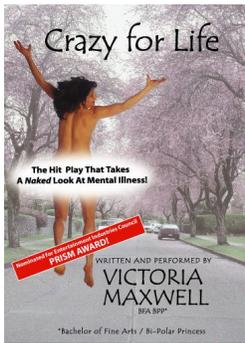
Bill MacPhee is the founder of SZ magazine, dedicated to advocacy and education about schizophrenia. The Library owns his DVD-*Life After Mental Illness: the story of Bill MacPhee* and his companion DVD *Living With Schizophrenia*. 57 minutes each.



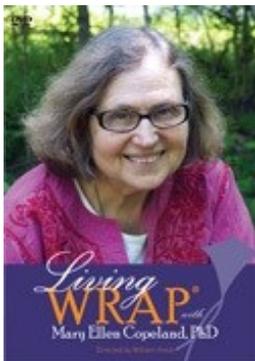
Humor heals and inspires—as this documentary proves when comedian /counselor David Granirer teaches a group of ex-psychiatric patients how to perform stand-up comedy to rebuild confidence in themselves. *Cracking Up* 48 minutes



Motivational speaker Victoria Maxwell shares painful and poignant stories from her life as a person with mental illness to educate and inspire others in recovery. *Crazy For Life* 57 minutes



Popular Actor Joe Pantoliano speaks candidly with several individuals about their mental health challenges and triumphs. *No Kidding, Me 2!!* 76 minutes



Mary Ellen Copeland is the creator of WRAP, a program designed to help those in psychiatric recovery stay healthy and live satisfying lives. Copeland herself lives well—with a bipolar disorder diagnosis.

The WSH Library offers Marsha Linehan's DVD series about proven methods to self-soothe and develop successful coping strategies in recovery.



**“And may the odds be ever in your favor.”**  
**“Effie Trinket” from The Hunger Games, by Suzanne Collins**